

Alcohol Consumption Diary

Purpose : Record of alcoholic drink consumed over a period of one week

Admin time : 1 week

User Friendly : High

Administered by : Self
Scored by Healthcare professional

Content : Information pertaining to alcoholic drink consumed over a period of one week, including :

- time and place of consumption
- type and strength of alcoholic drink consumed
- quantity consumed
- cost
- associated feelings and consequences

Author : Grazioli A, 2022. CGAkit.com

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<https://www.cgakit.com/alcohol-consumption-diary>

Name

Week from
dd/mm/yyyy

To
dd/mm/yyyy

Gender

Age

Alcohol Consumption Diary

Instructions: Please record as much detail as possible of every time you drink alcohol during the week

Time : When did you take the drink ? *e.g. 10am or 6-7pm*

Where : Where were you when you took the drink ? *e.g. home or pub or restaurant*

Type of drink : What did you drink ? *e.g. beer or cider or wine or spirits (gin, rum, vodka, whisky, tequila, etc.)*

Strength : What percentage alcohol (if known) *e.g. 12% (wine) or 40% (spirits)*

Size : *What size glass or container ? e.g. glass (small or large), bottle, can, pint, litre, shot (small or large)*

Number of drinks : How many drinks did you have on each occasion ? *e.g. 2 or 4 or 6 etc.*

Cost : How much did you spend on drinks ? *Include cost of own drinks and cost of drinks bought for others*

Comment : Feelings *(e.g. none, felt down before drinking, felt depressed after drinking, felt happy, etc.)*

Consequences *(e.g. none, hangover, accident, fight, was reprimanded, missed work, etc.)*

There is room for recording 4 separate episodes of drinking each day.
If you need more space, please make notes on the reverse side of this chart.

Please do not write in the blank column to the right, or the row below.

Alcohol Consumption Diary

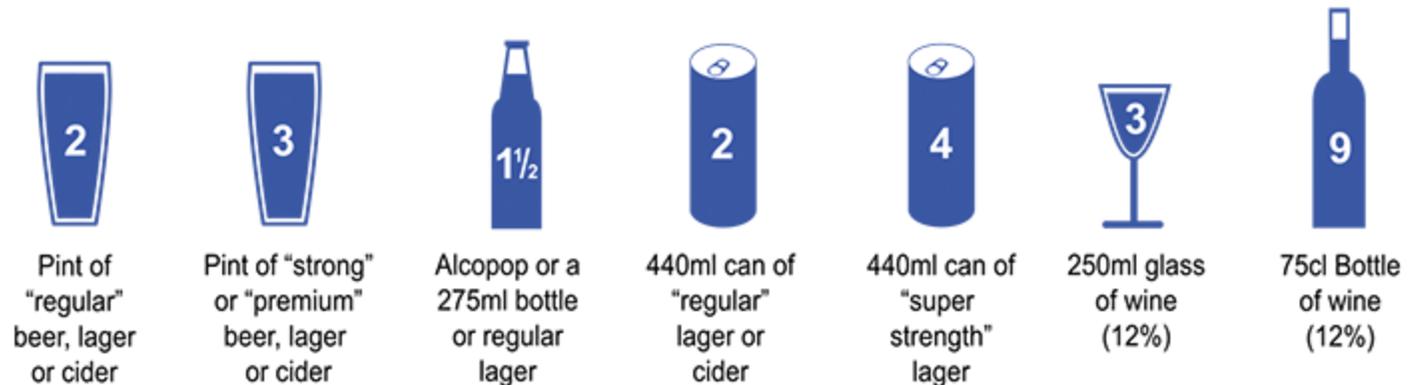
Scoring (by Healthcare Professional)

1. Calculate the total number of units consumed on each recorded occasion, and record in the right hand column.
Calculate the total number of units consumed during the week, and record in the box bottom right.

One unit of alcohol



Drinks more than a single unit



2. Calculate the total cost of alcohol consumption for the week in column "cost".
Enter the total cost in the box bottom of "cost" column.

Ref. : Grazioli A. 2022, CGAkit.com